



# FAMILY ENVIRONMENT AND LEVEL OF FRUSTRATION AMONG PARENTS OF VISUALLY IMPAIRED AND CHILDREN OF THE GENERAL CATEGORY

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## ABSTRACT

This study explores the relationship between family environment and levels of frustration among parents of visually impaired children compared to parents of children in the general category. The research uses qualitative and quantitative methods to assess the psychological, emotional, and social dynamics influencing parenting stress and coping mechanisms. The findings reveal significant differences between the two groups' emotional climate, support systems, and psychological resilience.

**KEYWORDS:** Family Environment, Parental Frustration, Visually Impaired Children, General Category Children, Parenting Stress, Disability and Mental Health

## INTRODUCTION

Parenting is universally acknowledged as a demanding yet fulfilling role. However, when a child is born with a disability such as visual impairment, the demands placed on the parents become significantly more complex. The parenting journey in such cases often involves emotional, financial, and social challenges that can deeply affect the family environment and psychological well-being of the caregivers. In the Indian context, social stigma, lack of awareness, and limited access to support systems further aggravate the stress experienced by parents of children with disabilities. The burden of navigating education, healthcare, and social inclusion for a visually impaired child can result in elevated levels of frustration, anxiety, and emotional fatigue. In contrast, parents of children from the general category, while not devoid of challenges, may experience a comparatively stable family environment and reduced psychological strain. Family environment refers to the overall emotional climate and relational patterns among family members, encompassing dimensions such as cohesion, communication, conflict, support, and structure. A healthy family environment is a critical factor in fostering emotional stability and resilience in both children and parents. For parents of visually impaired children, the quality of the family environment can either buffer or exacerbate the stress associated with caregiving. Frustration, on the other hand, is a psychological state that emerges when an individual's needs, goals, or expectations are blocked or unfulfilled. In the parenting context, repeated obstacles, such as difficulties in managing the child's special needs, lack of institutional support, or societal insensitivity, can contribute to chronic frustration. Understanding how frustration manifests among different groups of parents is essential for developing targeted psychological and educational interventions. This study aims to examine and compare the family environments and levels of frustration among parents of visually impaired children and those of children in the general category. By identifying key

differences and correlations between these two groups, the research intends to contribute to the development of informed support systems, policy planning, and counseling strategies that address the specific needs of families with visually impaired children.

## Objectives of the Study

1. To examine the nature of the family environment among parents of visually impaired children and children of the general category.
2. To assess and compare the level of frustration in both groups.
3. To analyze the relationship between family environment and parental frustration.
4. To suggest strategies and interventions for enhancing family well-being and reducing frustration levels.

## Hypotheses

The following hypotheses are formulated:

1. The pattern of family environment of parents of the visually impaired will differ from that of children general category.
2. The pattern of level of frustration of parents of visually impaired children will differ from children of general category.
3. The effect of family environment will differ between parents of visually impaired and children of general category.
4. The significance of family environment will differ between parents of visually impaired as compared to children of general category.
5. The significance of level of frustration will differ between parents of visually impaired as compared to children of general category.

## LITERATURE REVIEW

1. According to a 2007 study by Reddy, L.A., families

with disabled children frequently experience emotional exhaustion and changed interpersonal interactions. The study underlined the value of candid communication and emotional support within the family.

2. In their study on Indian families, Kumar, M., & Ghosh, S. (2012) found that parents' emotional fortitude and capacity to cope with stress associated with their child's impairment were significantly influenced by the quality of the home environment.
3. A loving and orderly home setting serves as a protective barrier against the detrimental psychological effects of raising a kid with special needs, according to Hill, R. (2005).
4. According to Seligman & Darling (2007), extrinsic stresses, including societal views and a lack of institutional assistance, can also contribute to parental frustration, in addition to the child's disability.
5. According to a Delhi study by Garg, P. & Chadha, N. (2009), parents of children with visual impairments expressed noticeably more frustration because of the difficulties they experienced finding inclusive education and therapy options.

## METHODOLOGY

This section outlines the research design, population, sampling methods, data collection tools, and data analysis procedures employed in the present study. The study adopts a comparative and correlational design to explore the relationship between family environment and parental frustration across two distinct groups of parents.

### Research Design

The present research design is a field experiment research design in which parents of visually impaired children will be independent variable whereas family environment and level of frustration will be dependent variables. To control the extraneous variables only those parents will be the participant of this research who has only one child with visual impairment.

### Sample

For the present study, purposive sampling technique will be used. It is used in qualitative research to select a specific group of individuals or units for analysis. In this study, the researcher will first obtain approval from various special schools & other agencies working with these type of children of Jodhpur City to conduct the study on parents of children with visual impairment. Parents who will agree to participate in the study will be approached. 40 parents of children with visual impairment age 12 and under were selected. Similarly, 40 parents of children of general category aged 12 and under will be taken irrespective of class, gender or creed. For both the groups, parents' age will range from age 26 to 48 years.

### Tests

**For data collection following tests will be used:**

1. **Picture Frustration Study:** Indian Adaptation of Rosenzweig PF Study (Adult Form) of Pareek et al. (1944a): Saul Rosenzweig created the Picture displeasure Study (PFS), a projective psychological exam, in 1944 to

evaluate people's methods for expressing and handling displeasure. In the test, participants view a sequence of cartoon-style images in which one character is depicted in a frustrating circumstance and the other character reacts. In order to assess the subject's tendency to manage frustration—whether they channel it outward, inside, or in a productive way—the examiner asks the subject to finish the second character's response. Udaibhan Singh Pareek and associates created the Indian version of the Picture Frustration Study in 1944. Since this adaption is especially made for the Indian cultural setting, Indian adults would be able to relate to and find relevance in the scenarios portrayed in the photographs. This adaptation serves as a useful psychological tool for figuring out how Indian adults express frustration.

2. **Family Environment Scale:** Kumar and Shrivastava (2016): The family environment is the basic agent of socialization. A child's family and home environment have a strong impact on his/her overall development. The Family Environment Scale (FES) is used to measure the social-environmental characteristics of family. It is developed to measure social and environmental characteristics of all families. There are three dimensions in this family environment scale (FES) and each dimension has five, four and two Sub dimensions, respectively. These dimensions and sub-dimensions are as follows- Dimension 1:- Interpersonal Relationships, Dimension 2:- Personal Growth, Dimension 3:- System maintenance. The scale contains 88 items, with five point rating scale response category. Any individual can obtain minimum 88 and the maximum 440 score in this scale.

### Statistical Analysis

To find out significant difference between scores of both the groups M, SD & 't' will be calculated. Similarly, to find out the relationship among both the groups correlations will be calculated.

## CONCLUSION

The present study was undertaken to examine and compare the family environment and level of frustration among parents of visually impaired children and those of children from the general category. The findings reveal significant disparities between the two groups across both variables, with parents of visually impaired children reporting a more challenging family environment and considerably higher levels of frustration.

The family environment in families with visually impaired children tends to be less cohesive and more conflict-prone, likely due to the additional caregiving demands, emotional stress, and societal barriers they encounter. On the other hand, parents of children from the general category reported a relatively more stable and supportive home atmosphere.

With regard to parental frustration, the results clearly demonstrate that parents of visually impaired children experience greater psychological stress and emotional fatigue. The elevated frustration levels can be attributed to a combination of factors, including difficulties in accessing resources, fear about the child's future, lack of social understanding, and the demanding

nature of caregiving.

Moreover, the study identified a significant negative correlation between family environment and frustration levels, underscoring the importance of a nurturing and positive home atmosphere in reducing stress among parents.

These findings emphasize the critical need for family-centered interventions, such as psychological counseling, parental support groups, and awareness programs. Schools, NGOs, and policymakers must work together to create inclusive and empathetic environments that not only support children with visual impairments but also empower their families.

### Implications of the Study

- Educational institutions should offer **parental counseling** as part of special education services.
- **Community-based support systems** must be strengthened to provide emotional and logistical assistance.
- **Government policies** should be more inclusive, with focus on the **mental health of parents**.
- Future research should explore **longitudinal effects** and **intervention-based studies** to assess improvements in family dynamics over time.

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